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ABSTRACT

This book is designed as a practical, concise, easy-to-read guide for relieving stress. It is written specifically for educators, with examples and anecdotes that relate to professional educators' experiences. It assumes a holistic approach to stress relief that incorporates thought, verbal and action strategies and techniques. The harm that stress can and does cause is described. Anecdotes portray various unique stresses educators experience. A three-step relaxation and energy-enhancing practice is presented that includes breath-control exercises, an energy-generating form, and concentration (meditation) techniques. An accompanying CD includes 11 relaxation routines set to soothing background music. Individuals who were taught these relaxation and energizing techniques reported overall feelings of well-being, increased self-confidence, less frequent headaches or bouts of insomnia, and better personal relationships with spouse, children, employer, and colleagues. The techniques can be used anywhere and at anytime. They have proved valuable for school children, teenagers, adults, and senior citizens. Appendix A contains a stress survey, and Appendix B contains words of wisdom from Grandmaster Michael Andron. A list of 40 references for recommended reading and a resource list that includes World Wide Web sites conclude the book. (RT)

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